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MAY 1

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Publisher

Gary L. Calligas
Gary.Calligas@gmail.com

Editor

Tina Miaoulis Calligas
Editor.Calligas@gmail.com

Design

Karen Peters

Webmaster

Dr. Jason P. Calligas

Writers

Kathleen Ward

Contributors

Lee Aronson, Suzy Cohen,
Judge Jeff Cox, Family Features,
LSUS Library,
Abigail McAlister, Nick Thomas,
Twin Blends Photography

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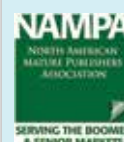
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Stat!

Medical News & Info

Stay Active for a Healthy Heart



Your heart is a muscle, and just like your biceps and quadriceps, it benefits from a weekly workout. Because when your heart doesn't get the care and attention it requires, problems can develop. So how much exercise do you need to help your heart thrive? Not much! The American Heart Association recommends that adults get around 150 minutes per week of moderate-intensity aerobic activity. Some examples of moderate intensity workouts include fast-paced walking, water aerobics, dancing, gardening, tennis (doubles), or biking. High-intensity aerobics, such as running, swimming laps, and hiking, are also beneficial, but make sure to consult with your physician before incorporating these exercises into your physical-activity routine. Another important point to remember is that you don't have to be "exercising" to stay active. Small adjustments to your day-to-day life, like sitting less or taking a few extra laps around the house, can contribute positively to your heart health. A great way to do this is to incorporate extra move-

ment into your normal routine. Waiting for the coffee to brew? Walk up and down the stairs, do a quick set of squats, or get in a quick stretch.

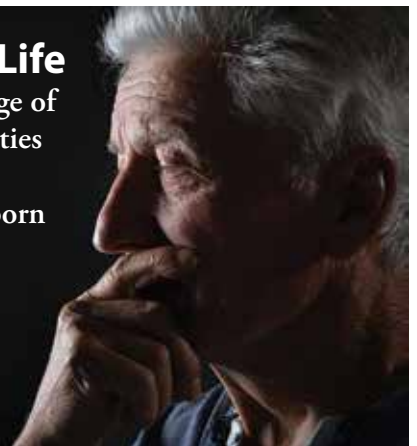


Mediterranean-Style Diet Linked to Better Thinking Skills in Later Life

People who eat a Mediterranean-style diet - particularly one rich in green leafy vegetables and low in meat - are more likely to stay mentally sharp in later life, a study by researchers at the University of Edinburgh shows. Closely adhering to a Mediterranean diet was associated with higher scores on a range of memory and thinking tests among adults in their late 70s, the research found. These latest findings suggest that this primarily plant-based diet may have benefits for cognitive functioning as we get older, researchers say. The findings show that, in general, people who most closely adhered to a Mediterranean diet had the highest cognitive function scores, even when accounting for childhood IQ, smoking, physical activity and health factors. The individual components of the diet that appeared to be most strongly associated with better thinking skills were green leafy vegetables and a lower red meat intake. Researchers say the latest findings add to the evidence that a healthier lifestyle, of which diet is one aspect, is associated with better thinking skills in later life.

Heartbreak and Hardship May Shape Health Later in Life

A recently published study from the University of East Anglia shows how a range of life inequalities and hardships are linked to physical and mental health inequalities in later life. These stressful and often heart-breaking life inequalities included having emotionally cold parents, poor educational opportunities, losing an unborn child, financial hardship, involvement in conflict, violence and experiencing a natural disaster. The research team found that people who experienced the greatest levels of hardship, stress and personal loss were five times more likely to experience a lower quality of life, with significantly more health and physical difficulties in later life.





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WE CAN **ALMOST** VACATION! GET READY WITH VIRTUAL TOURISM

*You need not even listen, just wait...
the world will offer itself freely to you, unmasking itself. — Franz Kafka*

By Kathleen Ward

A **NGLOPHILES**, here's a bit of trivia for you: The first virtual tour guide was Queen Elizabeth! In 1994, the Queen toured Dudley Castle, a 1070 battle-scarred ruin repeatedly burned, rebuilt, conquered and finally turned into a zoo. Primitive, with choppy editing, poor lighting, fuzzy camera work and Cosplay-like period costumes, it was a new media's first baby step (<https://tinyurl.com/4kwh4jzs>).

Today, people view more than five million virtual tours a day. Walk-arounds, slideshows, travel tutorials, 360° webcams and aerial drone tours are fun and provide solid information for trip planning. ***The Best of Times*** takes a look at a few “stay-trips” that can be streamed on computer or TV until the real thing finally happens.

LET'S START IN EUROPE

England's houses, castles and ruins are profiled in the series “Gardens of the National Trust” (2003, free to Amazon Prime members or rent for a nominal amount at <https://amazon.com>, “Prime Video”). In the “Treasures of the Trust” episode, host Robert Hardy tours eight homes, castles and ruins. Its age shows, but makes for essential viewing if you want to tour England's best gardens and homes. Also,



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DREAM OF ITALY: TUSCAN UNDER THE SUN



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“The Great Gardens of England” (2007, Amazon). In the “Footloose” series, host Debra Rixon takes walking tours of London, the Cotswolds, Oxford and York, the Lake District and other scenic areas (1998-2020, Amazon). “Walks Around Britain” (2016-2018, Amazon) features five seasons with two walks/hikes per episode led by host Andrew White.

“Dream of Italy: Tuscan Sun Special” is a tour of the town of Cortona and its famous fixer-upper, Bramasole, both made famous by the book and movie, “Under the Tuscan Sun.” Author Francis Mayes, played in the movie by Diane Lane, guides host Kathy McCabe through the home, a museum, the town, shops and olive groves. She also visits a restaurant where viewers get a pasta cooking lesson from a Michelin-starred chef (2019, Amazon). “Venice” (2018, Amazon) uses beautiful photography without narration for a walking tour with overheard conversations and street sounds.

Adventurous host Jeff Wilson makes virtual journeys around Switzerland fun and exciting in “Real Rail Adventures” (“Swiss Hubs”, “Swiss Winter Magic” and “Swiss Grand Tour” [2015-2020, Amazon]). Using a Swiss Travel Pass, he hops off and on to stay in quaint hotels, shop, eat, hike, ride a bike, boat or zip line and visit sites and local citizens. This great mix of indoor and outdoor touring shows a lot about the country, its people and their history.

SOUTH AND CENTRAL AMERICA

Peru’s Machu Picchu, built by Incas during the 1400s, toured through a brief narrative photo presentation that can be rotated 360° degrees (<https://tinyurl.com/5c6nfx3p>). Google Maps’ tour, “Galápagos Islands, Discovery Darwin’s Living Legacy,” using scientists as guides and beautiful video, is short but informative (<https://tinyurl.com/re8mca5e>).

Swim with sharks in “The Gardens of the Queen” coral reefs off the coast of Cuba in another 360° photo essay. While mesmerized by the hypnotic soundtrack and eerie photography, the sudden appearance of a small human diver surrounded by gigantic sharks is jolting (<https://tinyurl.com/4s85b8kr>).

“Exploring Ancient Mexico” (2017, Amazon) combines studious narration with good photography as Brien Foerster walks through Mexico’s beautifully curated ancient sites.



NORTH AMERICA

Jeff Dobbs’s aerial tour “Over the North of Maine” (2020, Amazon) uses breathtaking photography and a gorgeous soundtrack to trace waterways and rivers through towns, mountains, farmlands and forests. His soothing portraits continue with “Over the Coast of Maine,” “Over the Lighthouses of Maine” and “Over Arcadia”. Each state should have a series that profiles its urban and wild areas so well.

The “State to State” series (2018, Amazon) uses solid narration and good photography to focus on road trips and adventure tours of the Southwest, East and West Coasts, Alaska, Georgia, Hawaii, the Florida Keys and other scenic destinations. “America’s 58 National Parks” (2013, Amazon) explores each of our famous (Yellowstone, Hot Springs, Grand Canyon) and less known (Hawaii’s Haleakala and Michigan’s Isle Royale) wild national treasures.

“Canada Untold” (2017, Amazon) features beautiful photography on a journey from the east to west coasts. Locals provide the informative, sometimes charming, sometimes quirky narrative.

THE FAR EAST

Touropia’s free “10 Best Places to Visit” films highlight numerous countries historic, natural and cultural riches using great photography and narration. Try the ones on China (<https://tinyurl.com/6uxapb>), Japan (<https://tinyurl.com/e3kpsm8>), and Vietnam (<https://tinyurl.com/b3ds89fc>).

AFRICA AND THE MIDDLE EAST

“From Mosques to Palaces, Seeing the Sights in the Middle East” (<https://tinyurl.com/62w55ts3>) focuses on the entire region. Touropia’s “10 Best Places to Visit in Turkey” (<https://tinyurl.com/f32x7w9a>), “10 Best Places to Visit in Egypt” (<https://tinyurl.com/ecf79syp>) and “10 Best Countries to Visit in Africa” (<https://tinyurl.com/4mnp3nad>) provide entertaining overviews of individual countries.

COMPILATIONS AND ‘BEST OF’ SURVEYS

After museums closed in 2020, art lovers could view art from 2,500 museums and galleries compiled in Google Arts & Culture (<https://tinyurl.com/32sb4jsm>), which offers tours of both the world’s finest museums and many quirky ones. The site also features facts and pictures of thousands of historic travel sites around the world indexed A-Z (<https://tinyurl.com/a5n5kcdn>).



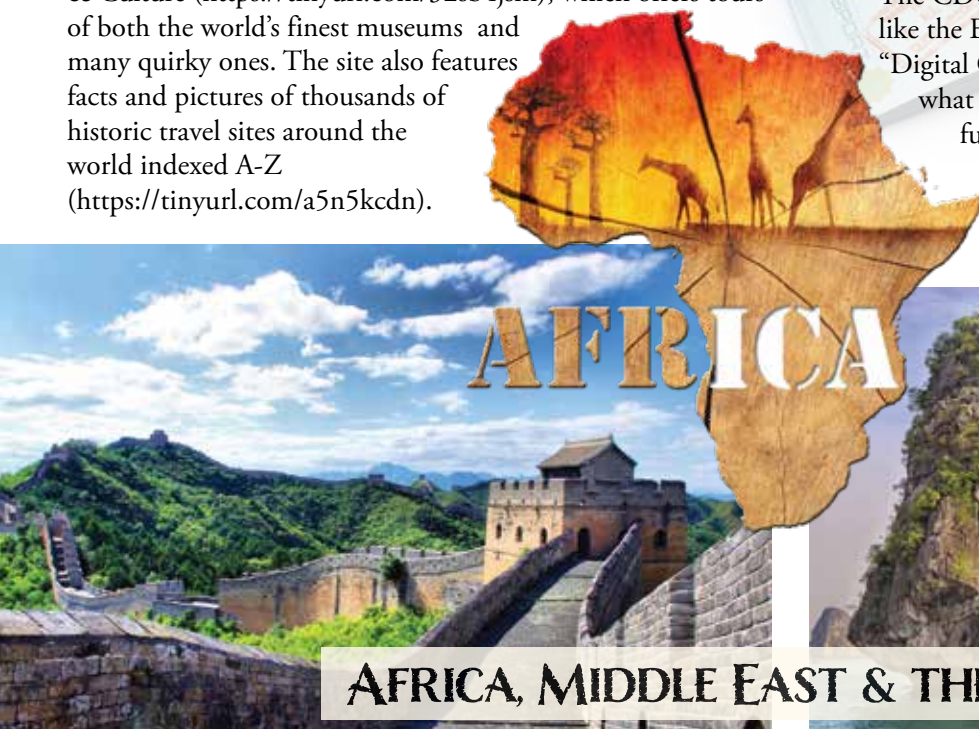
SOUTH & CENTRAL AMERICAS

Top Fives’ “15 Unbelievable Places that Actually Exist” (<https://tinyurl.com/3t69b2tz>) shows amazing and colorful natural anomalies from throughout the world: strange mountains in China and Venezuela, the frozen natural art of Lake Baikal in Siberia, one of the world’s 10 pink lakes, the 55,000-ton Giant Crystals of Naica caverns, and other incredible sites. Other ‘Top Fives’ produced videos are “15 Most Dangerous Places on Earth” (<https://tinyurl.com/57yfcthy>) and “15 Largest Abandoned Cities on Earth” (<https://tinyurl.com/savm9r3u>).

“25 Most Amazing Ancient Ruins of the World” features places so amazing that Stonehenge ranks just 24th (<https://tinyurl.com/nvvcy47d>).

“VACCINE PASSPORTS”

Once the pandemic recedes, travelers can expect more stringent screening and “health passports” showing vaccinations and test results may be required. The CDC is considering new travel guidelines much like the European Union’s Commission proposed “Digital Green Certificates”. It’s too early to know what to expect as we navigate our post-COVID future, but we will get back out there. At serve-yourself buffets? Probably not. Taking advantage of great travel deals? You bet!



AFRICA, MIDDLE EAST & THE FAR EAST



Causes and Solutions for Dysphagia

Many seniors experience dysphagia which is the term for people who have difficulty swallowing their food or pills. Initially it appears as a frequent need to clear your throat, or a hoarse voice. It may be that you feel like coughing or choking while eating or talking, and sometimes there is regurgitation of food. Most people report fullness, pressure or a burning sensation in the chest (sternal) area while eating. Left untreated, it may lead to other complications like a more chronic cough, choking sensation, malnutrition or respiratory infection. In serious cases, food may be aspirated and result in pneumonia which then requires hospitalization.

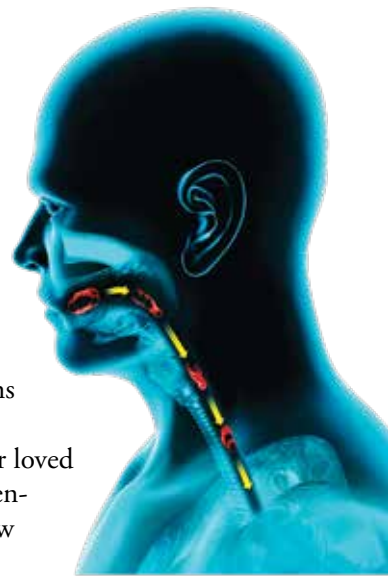
Most everyone has experienced the sensation of dysphagia at one time or another. It can happen by simply eating too large a bite, or not chewing enough. A swallowing issue may be felt if you have a dry mouth, or if you swallow while lying down or even laughing or talking. To resolve simple cases of dysphagia, you should eat smaller meals that include softer food, and chew well. Eliminating caffeine, tobacco and alcohol helps too.

But if the swallowing difficulty is more chronic and serious, dysphagia treatment is required. Treatments vary for each individual and hinges on many factors such as age, severity and

underlying conditions.

Sometimes people develop dysphagia rather suddenly. When I worked in the nursing home setting, we saw this frequently occur with new admissions who were started on medications that induced the dysphagia. Their loved ones didn't realize what was happening either, but in some cases, a new medication can give a loved one dysphagia. Sometimes it's related to a drug side effect, and oftentimes the medication can be switched to something else that does not induce dysphagia. I have a longer version of this article available with lengthy lists of medications that induce dysphagia. To receive, this please sign up for my free newsletter at suzycohen.com and I'll email it to you. In the meantime, here are the most common medications that induce dysphagia:

- Sedatives - for example alprazolam or clonazepam
- Analgesics for pain - codeine, fentanyl, oxycodone,
- Muscle Relaxers - cyclobenzaprine or tizanidine
- Neuroleptics - haloperidol, lithium, olanzapine,



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- Antidepressants

One other reason people have dysphagia is that they're forced to swallow big pills and then they vomit them back up! And if that happens, the person now has caustic stomach acid refluxing into the delicate esophageal tissue. The use of acid blockers like famotidine and demulcents (slippery elm or marshmallow) can bring immediate relief, and may prevent your loved one from having a tube inserted unnecessarily because it looks like they've suddenly developed dysphagia. In my field, we have a saying, "History, history, history!" If someone takes a good history and finds out exactly when the dysphagia started, you might be able to see the cause. Once that is pin-pointed, the proper treatment can be given.



This info is not intended to treat, cure, or diagnose your condition. Always consult your physician for all medical matters. Visit www.SuzyCohen.com. ©2021 Suzy Cohen, R.Ph. Distributed by Dear Pharmacist, Inc.


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How Organized are Your Important Papers?

In the last month, the above stated question has entered my mind frequently. Certain events in my life and my family's life have made it necessary to make sure things are organized in such a manner that they can be found easily by trusted members of the family. Organization is the key to being prepared for any situation that may happen in a family's life. Written below are a few hints that may help you be better organized. Trusted members of the family should be aware of the following.

One of the first things to organize is health care policies. You need to make sure that you have access to these policies, along with good contact numbers to the health care provider. You will need to be able to provide health policy cards with policy numbers to the hospital and to the doctors that may treat you or a family member. If you have any additional policies, such as a Cancer

Policy or Medicare Supplement, you need to be able to provide these to the health care provider so that they can file a claim on your behalf for any services rendered.

In addition, trusted family members need to know who is your health care provider. The health care provider will also need to know if they can discuss matters with the family or if you prefer not to have matters disclosed. The health care provider also needs to know which family members are allowed to make decisions in cases where a person is not capable of making decisions and what your decisions are regarding end-of-life decisions.

Prior to a person entering any type of care, you will want to organize important papers that may be needed if a person becomes incapacitated or passes away. You will need to know where deeds to property are located. Titles to



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vehicles should be easily accessible and trusted members of the family should know where their family member banks. Trusted members of the family should also be aware if the person entering care has mineral interests or receives dividend checks and from whom they receive these checks. Finally, trusted family members should know where your will, power of attorney, and living will are located.

Another matter that should be organized is life insurance policies. These policies need to be reviewed to ascertain who the beneficiary is on the policy and if any additions or deletions need to be made regarding beneficiaries. It is always helpful to put life insurance policies in a folder that can be easily accessed. It is helpful to have an agent to contact if something happens to the insured or if a question regarding a policy should arise.

In addition, trusted family members should ascertain whether or not the person being cared for has a cemetery plot and a funeral plan. Even though the

person may not have a cemetery plot or funeral plan, you may be able to discuss with the person how they wish to be cared for if they pass away. Local funeral homes have planning guides that help a person to be able to write down their wishes for burial purposes. A person can choose music they want played at any service they have and what type of service they wish to have in the event of their death.

Trying to organize the above listed items will help your family members under stressful times while trying to care for a sick family member. Organization will save costs and help to alleviate some of the stress involved in caring for a sick or disabled relative. If you have not organized your papers, hopefully this



will be a helpful guide to consider.

Judge Jeff Cox is judge of the Louisiana Circuit Court of Appeal for the Second Circuit.

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The Case of the Really Bad Landlord

Chrissy, Jack and Janet (all names have been changed) had been living in their apartment for about a year when it flooded. A pipe in the apartment above had started leaking down their apartment walls, soaking the carpet and their furniture.

Jack called the landlord, Mr. Roper, who was too cheap to hire a professional to do the repairs. Instead, Mr. Roper tried to fix the leaky pipe himself. How do you think that turned out? Three days later, the apartment flooded again. Mr. Roper came back and tried to fix the problem again.

I don't know what Mr. Roper did the second time he tried to fix the pipe, but whatever it was caused the air-conditioning in the apartment above Chrissy, Jack and Janet to start leaking into their apartment. Rather than trying to fix the leaky air-conditioner,

Mr. Roper "treated their apartment with chemicals every two weeks."

And that didn't work out too well either. Mold started to grow on the carpet. Do you think Mr. Roper was willing to pay to replace it? Of course not.

This went on for another three-and-a-half years until Mr. Roper finally got tired of the tenants' complaining and asked them to vacate the apartment. After they left, Mr. Roper

refused to return their security deposit, so Jack sued.

Jack told the Judge about his continuous anger and frustration regarding the repeated flooding that made the apartment uninhabitable. A neighbor testified about the bad odor and wet and moldy floors of Jack, Chrissy and Janet's apartment. The Judge did not like the fact that on one occasion, Jack was forced to use his own



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comforter to soak up the flood water. Nor was the Judge pleased with the fact that the extent of the flooding was so bad that Jack was forced to recuperate in a hotel following a hospital visit. Here's what the Judge said: "The tenants' complains were met with half-hearted insufficient stop-gaps and no true resolution to the flooding was implemented. The landlord's failure, throughout the years of the tenant's tenancy to have a professional address the flooding created a continuing nuisance."

So, Jack got his security deposit back. He also got \$5,000 for his mental anguish, but the Judge had a hard time trying to figure out how much to award Jack for his ruined furniture.

There was no doubt that the leaking pipe and air-conditioner had damaged Jack's furniture beyond repair. It would have cost \$5,200 for Jack to replace his ruined furniture with all new furniture. But right before the flooding had started, when the furniture hadn't been damaged at all, there was no way Jack could have sold it for \$5,200. No one would pay that much for used furniture. The most Jack could have gotten at that time was \$1,000.

Louisiana law says there are 3 different ways for figuring out damage to property: "1) the cost of restoration if the damaged item can be adequately repaired; 2) the difference in value prior to and after the damage; or 3) the cost of replacement, less reasonable depreciation, if the value before and after the damage cannot be reasonably determined."

In Jack's case, the furniture could not be repaired. The Judge decided that reasonable depreciation would be 5% per year, and after doing some math, the Judge awarded Jack \$2,600 for the damaged furniture.

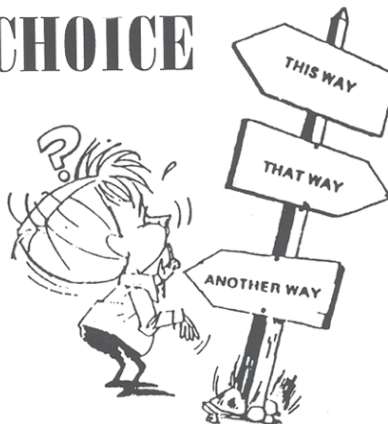
Lee Aronson is an attorney in Shreveport, Louisiana, with Gilsoul & Associates, LLC. His practice areas include estate planning and elder law.



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The Benefits of Pressure Cooking

Pressure cookers seem to be all the craze these days for people with busy schedules, or even those who just don't like to spend too much time in the kitchen. Pressure cooking is not a new cooking method, as stovetop pressure cookers have been on the market for quite some time. In recent years, however, the introduction of the electric pressure cooker has made this cooking method popular once again.

So, what's the appeal to the electric pressure cooker? Pressure cooking can drastically decrease cooking times for many of our favorite meals. For example, while it may take hours

to cook some cuts of less tender meats, the pressure cooker can make these favorites in under an hour. Much like slow cookers, the pressure cooker is another appliance that does not require frequent stirring when cooking, which also cuts down on time spent in the kitchen. Electric pressure cookers use less energy than stovetop pressure cookers and they are generally safer. Ever heard of a stovetop pressure cooker causing an explosion?

This issue is almost nonexistent with electric pressure cookers. Pressure cooking can even help us make healthier meals. This nearly airless form of cooking helps prevent vitamins and minerals from being lost, which means your food retains more nutrients. Since pressure cookers use steam to cook, you won't have to add extra fats and oils, which helps cut calories. Additionally, pressure cooking helps intensify flavors due to the high temperature steam cooking process, so you won't need

to reach for the salt shaker quite as much to achieve the flavor you are wanting.

There are many different brands and varieties of pressure cookers on the market, so which one is best? This will vary depending on your situation and cooking needs. The first feature to consider is size. Deciding between a 6-quart and an 8-quart pressure cooker will be based on how much food you will typically be making. If you're looking to make smaller portions or feed just a few people, the 6-quart pot may be your best choice. If you plan to make larger portions or feed

a crowd, you might want to consider the 8-quart pot. Next, you'll want to consider what kinds of features you will want on your pressure cooker. Some versions of pressure cookers have a variety of capabilities, such as slow cooking, sauteing, yogurt making, sous vide, rice cooking, air frying, baking, roasting, dehydrating, connecting to your phone, and memorizing cooking times and pressures. Keep in mind that the more bells and whistles, the



more the pressure cooker will typically cost. With so many brands and features available, it's helpful to read through consumer reports and product reviews to make the best decision for you and your family.

When cooking with a pressure cooker, safety is key. To start, it's important to thoroughly read your user manual before using a pressure cooker, as each brand and version can differ from each other. Next, you will want to make sure all parts are



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thoroughly cleaned before cooking. There should be no food particles stuck to parts of the appliance. Don't forget to clean the vent before use! It's important to make sure your pressure cooker is on a level surface and plugged into a safe outlet before cooking. When filling the pressure cooker, do not exceed two-thirds full in the pot. There should be a maximum fill line in your pressure cooker—don't fill over the maximum line. This is important to make sure there is enough room for the food to cook. Always use a recipe when cooking with a pressure cooker, as they have specific cooking times and instructions that ensure safety and the right flavor and texture. Some recipes may call for a quick release of the pressure valve after your food is done cooking to prevent overcooking. If your recipe gives these instructions, be careful when releasing the pressure valve. The steam that comes from the valve can be very hot and cause burns. Keep your hands and face clear of the area near the pressure valve.

Pressure cookers are a fun and convenient way to get healthy meals to the table fast. With a little bit of preparation and research, this appliance can be a great addition to your kitchen repertoire.



Abigail McAlister is a Registered Dietician and nutrition agent with LSU AgCenter for Caddo and Bossier Parishes. Her focus is adult nutrition education and promotion. Contact her at amcalister@lsu.edu.

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Ruta Lee Put the 'Pro' in Professional

While some entertainers are renowned for their personal and professional demands while working, Ruta Lee never aspired to be a diva. Acting nonstop in film, TV, and theater since the early 1950s, she tackled projects with professionalism.

"There was no time to throw fits because you had to work quickly as you rapidly went from job to job," recalled Lee from Los Angeles.

Off-screen tasks were also approached with her trademark zeal. In 1964, she called the office of the Soviet leader Nikita Khrushchev to secure the release of her 90-year-old Lithuanian grandmother held since World War II in a Siberian internment camp.

A decade earlier, Lee approached her first film role as one of the brides in "Seven Brides for Seven Brothers" with similar resolve. "During the dance audition, the producers and director asked me to show them something folksy. Because of my Lithuanian descent, I danced up a storm with a polka and got the role."

She was paired with gifted dance partner Matt Mattox in the beloved MGM musical and remembers one rehearsal.

"He lifted me high off a bench and I sprained my ankle when I landed. So I learned most of the choreography from



a sitting position, but still managed to do most of the dancing in the big barn-raising number."

Many stories from the actress's career and life can be found in her April 5 autobiography "Consider Your Ass Kissed," the edgy-sounding title merely reflecting the genuine gratitude she feels for the people she worked with. She also celebrates a birthday this month, turning 86 on May 30.

A quick study, Lee learned an early valuable lesson in on-set protocol when she boogied her way into one of her first TV roles – a 1953 episode of "The Adventures of Superman."

"It was a short dance scene in a café and I decided to rehearse during lunch hour," she explained. "But when I plugged in the record player, someone grabbed me and said, 'you can't do that, you don't belong to the electrician's union!'"

Lee went on to make hundreds of appearances in TV series as well as games shows such as "Hollywood Squares" and "High Rollers" (as Alex Trebek's dice roller), but westerns were a favorite (see www.rutalee.com). And while many cowboys chased her, only one came close to catching her off-screen.

"Most of the dating I did was for publicity purposes and never had any real romances with actors except Eric Fleming from 'Rawhide.' What a darling man, but the most he got was a goodnight kiss!"

Her serious relationships were always with businessmen, she says, not show business men. In the midst of her rising career,



(above) Matt Mattox and Ruta Lee in a still from *Seven Brides for Seven Brothers* (MGM)

(left) Ruta Lee and Alex Trebek, hosts of *High Rollers* (NBC)

Lee met Texas restaurant executive Webster B. Lowe, Jr., and the couple soon married. They were together for 46 years until his death last year.

Lee has also been a tireless voice for charitable organizations such as the Thaliens raising millions of dollars through her leadership role to support people with mental health problems, including returning veterans (see www.thaliens.org).

And then there was that phone call to Khrushchev's office to rescue her Siberia-bound grandmother.

"Within 48 hours we were flying over to bring her back to America. So I've had an interesting life and I'm always involved with something. It's been a long, wonderful, and fruitful career."

Nick Thomas teaches at Auburn University at Montgomery, Ala., and has written features, columns, and interviews for over 850 magazines and newspapers and is the author of "Raised by the Stars: Interviews with 29 Children of Hollywood Actors."

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Baked Parmesan Chicken

Recipe courtesy of Know Diabetes by Heart; Servings: 4 (3 ounces chicken per serving)

Cooking spray

1 large egg

1 tablespoon water

2 teaspoons olive oil

1/3 cup finely crushed, low-sodium, whole-grain crispbread

1/3 cup shredded or grated Parmesan cheese

2 tablespoons minced fresh parsley

1/2 teaspoon ground oregano

1/4 teaspoon pepper

4 boneless, skinless chicken breasts (about 4 ounces each), all visible fat discarded, flattened to 1/4-inch thickness

Preheat the oven to 400° F. Lightly spray a 13-by-9-by-2-inch baking dish with cooking spray.

In a shallow dish, whisk the egg, water and oil. In a separate shallow dish or pie pan, stir together the crispbread, Parmesan cheese, parsley, oregano and pepper. Dip the chicken in the egg mixture then in crumb mixture, turning to coat at each step and gently shaking off any excess. Using fingertips, gently press the coating mixture so it adheres to the chicken.

Arrange the chicken in a single layer in the baking dish. Lightly spray the chicken with cooking spray.

Bake for 15-18 minutes, or until chicken is no longer pink in the center and the top coating is golden brown.



Green Beans with Mushrooms and Onions

Recipe courtesy of Know Diabetes by Heart

Servings: 4 (1/2 cup per serving)

Water

8 ounces green beans, trimmed

2 teaspoons olive oil

4 ounces sliced mushrooms, stems discarded

1/2 cup thinly sliced onion

1 medium garlic clove, minced

1/8 teaspoon salt

2 teaspoons fresh lemon juice

1 pinch pepper

Fill a medium saucepan 3/4 full of water. Bring to a boil, covered, over high heat. Cook the green beans, uncovered, 5 minutes, or until tender-crisp. Drain well in a colander.

In a medium nonstick skillet, heat the oil over medium-high heat, swirling to coat the bottom. Cook the mushrooms, onion, garlic and salt 5 minutes, or until the mushrooms are soft and lightly browned, stirring frequently. Stir in the lemon juice, pepper and cooked green beans.



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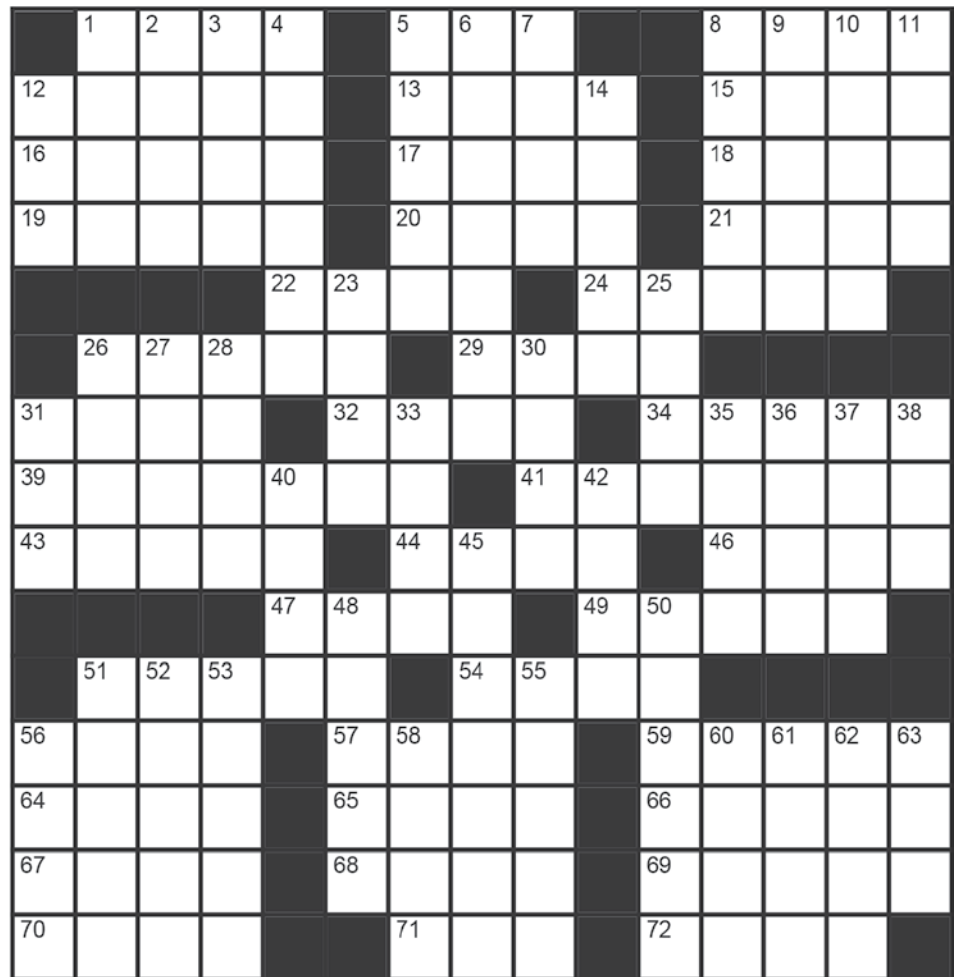
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Across
1 "You ____ it!"
5 Hair style
8 Healing sign
12 Tropical fruit
13 Perched on
15 Essence
16 Sign before Taurus
17 Bulgarian monetary unit
18 Country bumpkin
19 Elastic fabric
20 Ginger cookie
21 Knowledgeable about
22 Meadow sounds
24 Brownish
26 Cadiz locale
29 UN aviation agency
31 Nobleman
32 Overly smooth
34 Test, as ore
39 Work shoes
41 Thinly sliced raw fish
43 Primary
44 Plenty
46 Hot spot
47 Toot
49 Akron native
51 Couch
54 Surveyor's map
56 Secret message
57 Retro hairdo

59 Manner of speaking
64 Impersonator
65 Musical staff symbol
66 Go one better than
67 Salty septet
68 Dry run
69 Siesta
70 Actor MacLachlan
71 Double curve
72 Classic street liners

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2 Nonclerical
3 Always
4 Sushi condiment
5 Model wood
6 Part of a place setting
7 Big star
8 Prepare for surgery
9 Two-door car
10 Ann ____, Mich.
11 "It's ____ real!"
12 Guy's date
14 ____ New Guinea
23 Before long
25 Flightless birds
26 Country singer Evans



27 Major-leaguers
28 Pond dweller
30 Skin problem
31 Outward flow
33 ____ of Wight
35 Third place
36 Part of the Hindu trinity

37 Final word
38 Yang's counterpart
40 Jessica of "Dark Angel"
42 Marco Polo crossed it
45 Crush

48 Legislate
50 Good-for-nothing
51 One of the seven dwarfs
52 Perfect
53 Frost lines
55 Attics

56 Wine holder
58 Head for the hills
60 Lackluster
61 Bookkeeping entry
62 Lofty works
63 Swab

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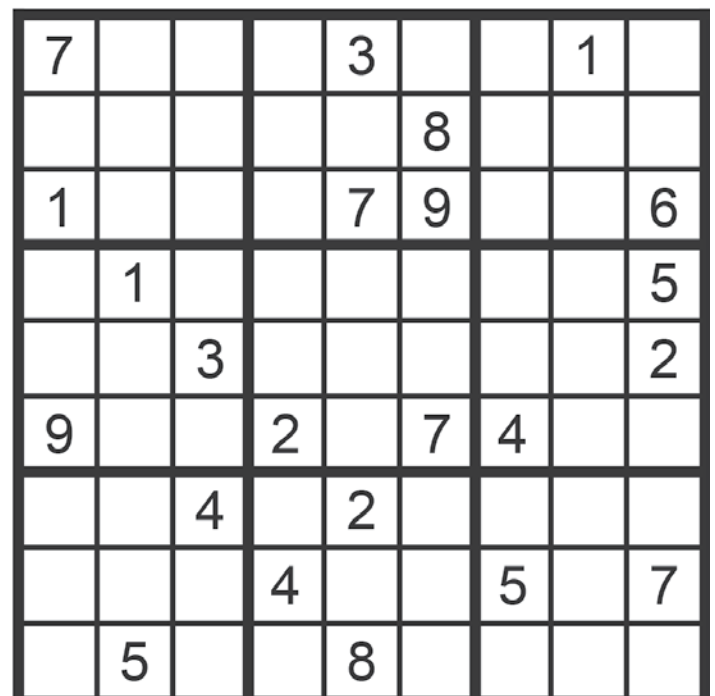
Allergies	March
April	May
Baseball	Mild
Bees	Planting
Blooms	Rain
Daffodils	Renewal
Easter	Robins
Equinox	Season
Flowers	Showers
Garden	Spring Break
Golf	Sunshine
Grass	Thaw
Irises	Tulips
Lilacs	Warm
Lilies	Wet

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Sudoku

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To solve the Sudoku puzzle, each row, column and box must contain the numbers 1 to 9.



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Because each Perfect Sleep Chair is a made-to-order bedding product it cannot be returned, but if it arrives damaged or defective, at our option we will repair it or replace it.
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Answers from the Experts



EXPERTS: If you would like to help your community by answering a question here, call 636-5510

READERS: Send your questions to The Best of Times, Box 19510, Shreveport, LA 71149

Who is Always Best Care and what areas do your service?

Always Best Care is a licensed, bonded and insured non-medical in home care agency with a passion for helping people maintain a safe, independent and dignified lifestyle. We provide senior care services in many communities around Northwest Louisiana, including Caddo, Bossier, Webster, Claiborne, Bienville, and Red River. We offer 24/7 care, but can provide any schedule to fit the client's needs.



Maria Gildon,
Client Services Manager

Always Best Care
4700 Line Avenue, Suite 111
Shreveport, LA 71106
(318) 424-5300
See our ad on page 7.

Why did I need reading glasses when I hit 40 years old?

When we read, our natural lens thickens allowing magnification. We call this accommodation. As we age, we slowly lose the ability to accommodate and when we reach our early 40's we can no longer focus within arms reach. This is a normal change of aging and is easily corrected with reading glasses. Some patients will opt for contact lenses to allow one eye to see distance and one eye to see near. This is called monovision and allows people to see all distances without glasses.



Chris Shelby, MD

WK Eye Institute
7607 Youree Dr.
Shreveport, LA 71105
(318) 212-3937
See our ad on page 7.

My mother has been recently diagnosed with Alzheimer's disease, does she qualify for hospice care under her Medicare benefits?

Medicare will pay 100% for hospice services for Alzheimer's disease and any diagnosis where patients are determined to have a life expectancy of less than six months. Our hospice would need to obtain a physician's order to evaluate your mother to see if she meets the hospice Medicare guidelines of a 6 month prognosis to qualify for hospice care services.



Toni Camp

Regional Hospice Care
Group
8660 Fern Avenue, St. 145
Shreveport, LA 71105
(318) 524-1046
See our ad on page 21, 32.

I broke a bone last year. Do I have osteoporosis?

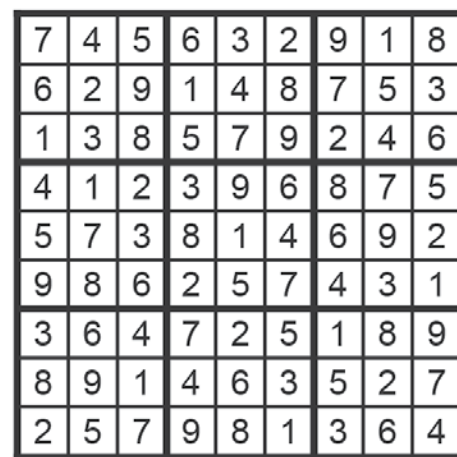
In certain high risk groups the risk of a serious fracture can double after a first fracture. Those who experience an osteoporotic hip fracture have a 24% increased risk of dying within one year following the fracture. This is not only a disease of aging white women. Osteoporosis occurs in all racial groups and men have a 1:8 chance of having an osteoporotic fracture. Although there is no specific cure, you can: Get enough Vitamin D and Calcium. Get regular exercise (weight bearing and low impact). Do balance exercises to avoid falls (Tai chi decrease falls in older individuals) and if you have a broken bone talk to your doctor about a bone density test.



John J. Ferrell, M.D.

Mid South Orthopaedics
7925 Youree Drive;
Suite 210
Shreveport, LA 71105
(318) 424-3400

PUZZLE answers (from pages 24 & 26)



SHREVEPORT *Then & Now*

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Directing the Past

This unidentified policeman directs traffic at the corner of Texas and Edwards Street in downtown Shreveport. Although there is a lot less traffic nowadays at this intersection than it was when the original photo was taken in 1952, we thought it would be cool to see him direct traffic once again! (Original photo: Shreveport Times Collection)

Stepping Out of the Past

Check out these ladies from the late 1950s strolling down Texas Street shopping stores that no longer exist. This blend was taken across from the Caddo Parish Courthouse in front of the old Hutchinson building (now known as The Missing Link Restaurant). (Original photo: Jack Barham Collection)



GOD HAS HIS HANDS ON YOUR LIFE.

“Trust in the Lord with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths.” Proverbs 3:5-6 KJV

God loves you and has a wonderful plan for your life.



Non-profit

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The Well of the Word Media Mission, P.O. Box 52231, Shreveport, LA 71135



Gordon Clark, M.D.

- Board Certified in Wound Care and Hyperbaric Medicine
- A 17-year veteran of the healthcare industry
- Practices at the Bossier City location

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Locations in Shreveport and Bossier City

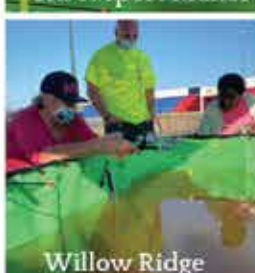
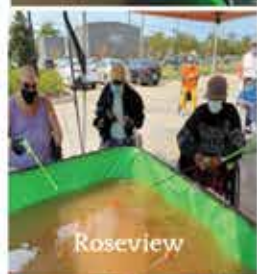
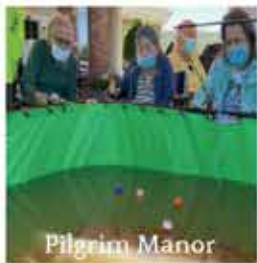
Providing access to the entire community is important to us. We accept Aetna and Humana Medicare Advantage plans, and are also finalizing participation with many other plans.



Follow us @CenterWellPrimaryCare to learn about activities and events

CenterWell does not discriminate on the basis of race, color, national origin, age, disability or sex. ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-877-320-2188 (TTY: 711). 注意: 如果您使用繁體中文, 您可以免費獲得語言援助服務。請致 1-877-320-2188 (TTY: 711).

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